

In the Claims:

1 1. (Currently amended) A training golf club ~~for developing the swing used for~~
2 ~~drivers and irons~~, comprising:

3 ~~a training club selected from the group of golf clubs consisting of drivers and~~
4 ~~irons, wherein said training club includes:~~

5 a flexible hollow shaft,

6 a first weight including a compact distribution of a plurality of disconnected
7 particles secured internally within the shaft between a head end of the shaft where the
8 shaft attaches to a club head and a grip end of the shaft where a training club grip attaches
9 to the shaft,

10 a first lower plug and a second upper plug for compactly securing said particles
11 within the shaft, wherein the first lower plug is an EPDM tapered plug and the second
12 upper plug is a silicon gel plug,

13 a second weight secured internally within the shaft at the head end of the shaft,

14 a club head attached to the head end of the shaft by a hosel provided on the club
15 head, and

16 a training club grip secured to an upper end of the shaft.

2. (Cancelled)

3. (Cancelled)

1 4. (Currently amended) A training golf club according to Claim 2 1 wherein the first
2 weight extends from approximately 4 inches above the hosel to approximately 2 inches below a
3 bottom of the training club grip.

1 5. (Currently amended) A training golf club according to Claim 2 1 wherein the
2 first weight is between approximately 4 and 6 ounces in weight.

1 6. (Currently amended) A training golf club according to Claim 2 1 wherein said
2 particles are #9 buckshot.

1 7. (Currently amended) A training golf club according to Claim 2 1 wherein said
2 second weight is secured within the shaft so that said second weight is flush with the head end of
3 the shaft.

1 8. (Currently amended) A training golf club according to Claim 2 1 wherein the
2 second weight is approximately 7.5 grams in weight.

1 9. (Currently amended) A training golf club according to Claim 2 1 wherein the
2 second weight is a brass insert.